

My Safety

Personal Safety



Pupils should know:

How to travel to school safely.

Stranger Danger.

Cycle safety and road safety.

My first mobile phone – personal responsibilities

Internet Safety and Harms



Pupils should know:

The similarities and differences between the online world and the physical world, including: the impact of unhealthy or obsessive comparison with others online (including through setting unrealistic expectations for body image), how people may curate a specific image of their life online, over-reliance on online relationships including social media, the risks related to online gambling including the accumulation of debt, how advertising and information is targeted at them and how to be a discerning consumer of information online.

How to identify harmful behaviours online (including bullying, abuse or harassment) and how to report, or find support, if they have been affected by those behaviours.

How people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn (in all contexts, including online).

Laws: Online behaviours including image and information sharing (including 'sexting', youth-produced sexual imagery, nudes, etc).



St Johns Ambulance First Aid

Pupils should know:

Basic Treatment including for asthma, allergies, bleeding, head injuries, choking

Life-saving skills, including how to administer CPR

The purpose of defibrillators and when one might be needed.

Drugs, Alcohol and Tobacco

Pupils should know:

The facts about legal and illegal drugs and their associated risks, including the link between drug use, and the associated risks, including the link to serious mental health conditions.

The law relating to the supply and possession of illegal substances.

The physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood.

The physical and psychological consequences of addiction, including alcohol dependency.

Awareness of the dangers of drugs which are prescribed but still present serious health risks.

The facts about the harms from smoking tobacco (particularly the link to lung cancer), the benefits of quitting and how to access support to do so.

Laws: substance misuse

